

# Scott Houston

Healthy Hall of Fame– Student – Winter 2017

**Inspiration for Change:** Scott first started taking classes at LCC last winter when he started the welding program. In Scott's COLL 101 class, he learned about LCC's brand new fitness center. Starting at 350 pounds and eating a diet of candy bars, pizza, cookies, Swedish fish, and soda, Scott knew it was time for a change. Access to a fitness center was just what he needed to get started.

Scott changed his diet to low-carb and started working out 5x a week. So far, he's lost 62 pounds.

**Current Work out and Eating Plan:** Scott comes to the LCC fitness center 5x per week. He usually uses the elliptical for 1 hour each time. He also uses the BIA scale each month to track his progress. He is also shopping smarter for his food. Instead of the empty calorie diet he used to eat, he's started home-cooking his dinners (one example is steamed vegetables and chicken). For breakfast and lunch he has a weight loss or protein shake, and for snacks he'll have some veggies. Scott still allows himself treats every once in a while like ice cream or pepperoni sticks, but he sticks to his new healthy diet every day.

**Sticking with it:** Motivation comes easy for Scott as he continues to see the scale numbers go down. His success and feeling "out of sync" if he doesn't get his work outs in keeps him moving!

*His next goal?* To get his weight down to 250. He has 38 pounds to go! Scott was previously diagnosed with pre-diabetes and he'd like to get tested again and see that diagnoses reversed.

**Words of Wisdom:** "Pick a time you have free time and try it out", Scott says of LCC's fitness center, "it's a really nice set up here."